November 2018

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Carolina country

Reconnecting Our Communities
After the Storm

page 8

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How to host a pig pick'n
page 10

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page 22

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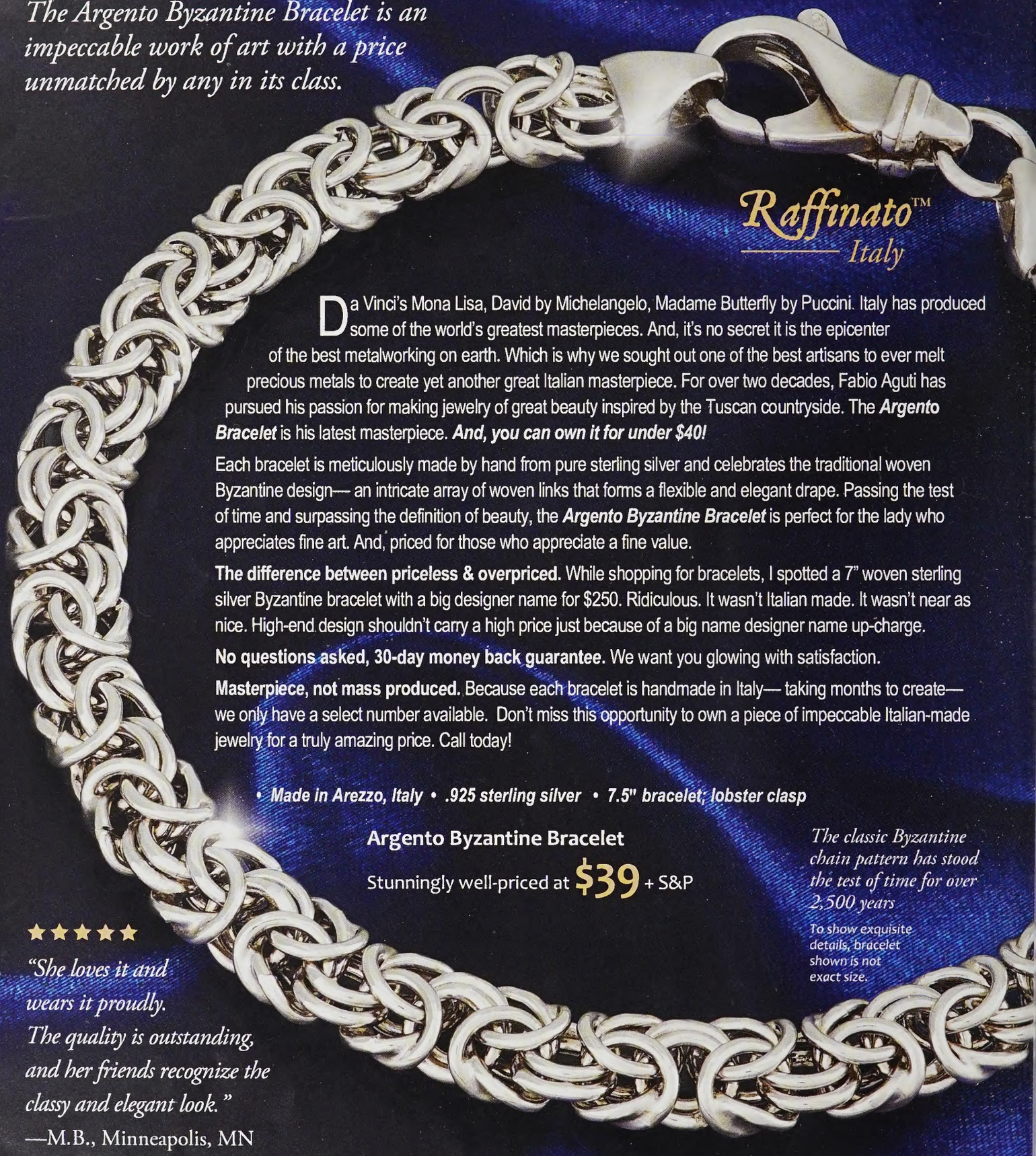

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On the Cover

This bucket truck with a visiting Middle Tennessee EMC line crew was among the first out to make repairs to Carteret-Craven Electric Cooperative's system following Hurricane Florence. Read more about co-ops' response to the storm, starting on page 4. Photo by Lisa Galizia.

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Electric co-op employees worked around the clock to get their communities back online.

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Matthew Register is passionate about small-town BBQ.

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And other things you remember.

CALL FOR SUBMISSIONS:
Carolina Country Scenes
Last call for entries! Send in your best photos to be considered for our January issue. See page 13 for details.

Achieving the Impossible through the Cooperative Spirit

By Jake Joplin

Before, during and after Hurricane Florence took her toll on Eastern North Carolina, we were reminded—perhaps more deeply than ever—of the value of one of our founding principles, "Cooperation among Cooperatives."

The hurricane caused damage to a majority of our members' homes and caused a system-wide power outage, which affected each of our 33,000 members—a part of the more than 300,000 co-op outages state-wide. With a force of more than 400 linemen, including hundreds from other North Carolina electric cooperatives, out-of-state cooperatives and contractor companies, we were able to fan out across our service territory soon after the storm and begin restoring power so that our members could start rebuilding their lives. Without this cooperative effort, the work that needed to be done would have been overwhelming, if not impossible.

The principle of "Cooperation among Cooperatives" is not without effort; it requires a commitment to serve. The linemen and our support personnel were asked to leave their responsibilities at home and come to our members' aid, and they did so without reserve. Growing up with a father who worked for an electric cooperative, I remember times when he would be gone for weeks helping to restore power after a hurricane or ice storm. Now more than ever, it is evident to me the sacrifices that these individuals and their families make to help us restore power to our members.

The hurricane brought with it massive amounts of damaging wind and rain, which made working in powerline rights-of-way a challenge. Some crews brought track equipment or bulldozers to clear paths and pull trucks in and out of areas they couldn't reach on their own. One lineman told the story of having to wade through water up to his chest to assess a line in US Forest Service property. Even with these challenges, the crews persevered.

> "Without this cooperative effort, the work that needed to be done would have been overwhelming, if not impossible."

And their sacrifice goes well beyond restoring power. Our line superintendent, Shannon Inman, recounts how several of the assisting linemen passed out water, Gatorade and food items from their own stock to children and families in need. We received dozens of letters from children at local churches who praised the linemen for working in difficult conditions, providing power to their family and saving their pets.

Our own employees worked diligently, side-by-side with assisting crews making repairs and coordinating restoration efforts. Inside our office, employees worked hard to secure lodging, provide food service, deploy the "storm stock" of materials and provide other items necessary to keep the restoration effort rolling.

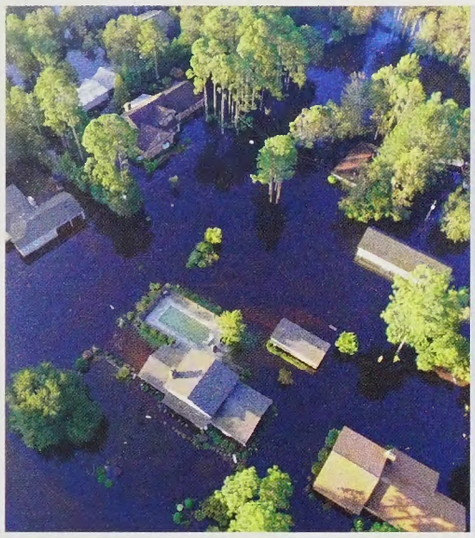
After the storm, the cooperative was blessed by community outreach. Our statewide association; our power supplier, NCEMC; and countless business and community partners provided their support and cooperation, which helped us keep everything running behind the scenes so our line crews could focus on their work.

We were heartened by our members as well. The overwhelming majority seemed less concerned about their own troubles than they were about the safety of our crews working in the field and the support team at our office. We had members who provided meals and washed clothes for crews working in their neighborhoods, volunteers who helped us pack up hot meals that we delivered to the crews, and many others who helped or offered to assist in any way they could to support us.

When disaster strikes, North Carolina's electric cooperatives—and those across the nation for that matter—are not alone. There is a single consistent element in every storm event: Help, from dedicated and determined cooperative linemen and support personnel who show up with a spirit and energy that keeps them going until every single light is burning once more.

We would like to express our deep gratitude to all the cooperative linemen, support personnel, community and business partners who helped all of North Carolina's electric co-ops recover from Hurricane Florence. Thank you!

Jake Joplin is CEO at Carteret-Craven Electric Cooperative in Newport.



THIS MONTH'S ISSUE:

After the Storm

We had planned to make food a focus of this issue, specifically the type that stirs passions in most all North Carolinians: barbecue. While you will find some great articles to that end, Hurricane Florence called for a change of plans. Effects from the devastating storm will persist for months, but electric co-ops and their response to record power outages provide just one example of how our communities inevitably rise above such hardships.

—Scott Gates, editor

Inspiring Farmers

"Keep on Farming" (September 2018, page 10) is a story about the triumph of the human spirit, hope, overcoming adversities, support and encouragement. My students and I read, discussed the text and then watched the video. We designed questions for discussions and wrote summaries.

Sonja Johnson, South Piedmont Community College

Mouthwatering Meatballs

These meatballs were delicious! ("Country-Style Steak Meatballs," September 2018, page 42) Took a little time to make, so plan accordingly. Might try some partial prep ahead of time to speed up the final cooking.

J Deal, submitted via carolinacountry.com

Corrections to our October issue

Central Electric hosted Kenan Fellow Daria Fedrick (page 6), not Fredrick.

The website address in "Gameday in the Carolinas" (page 27) was incorrect. The accurate address is footballfreddie.com.

Jane Penley, not Jan, has family ties to the September "Where Is This" photo (page 28).

Inspiring Photo

I noted the genius of a photo on page 11 of your September 2018 issue ("Keep on Farming"). A photo of Kristi Grove by Randy Berger certainly caught my eye. Her face and the background were out of focus but the binocular-like spectacles she was holding are in crisp focus. She is legally blind, but is such an inspirational and accomplished person that the composition of the photo meant more than what meets the eye! Well done.

Janet Ross, Youngsville, a member of Wake Electric

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Co-ops and Kenan Fellows Wow Crowd at NC State Football Game

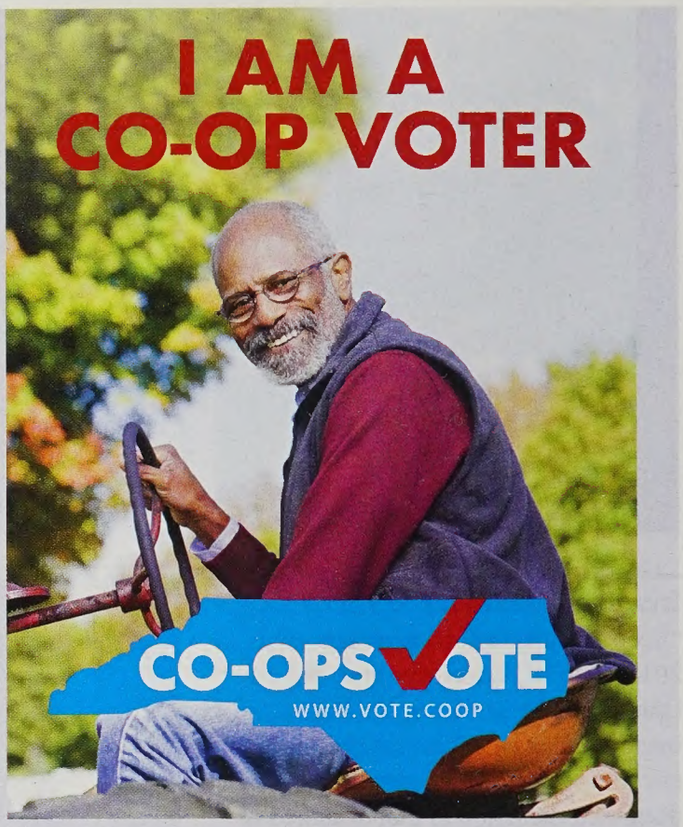
Fans at an NC State football game recently joined electric cooperatives in celebrating the achievements of two outstanding local educators.

Kari Cobb of Northside High School and Daria Fedrick of Bragg Street Academy were recognized on the field at Carter-Finley Stadium during the October 6 game against Boston College for their work as Kenan Fellows with Jones-Onslow EMC of Jacksonville and Central Electric, based in Sanford.

Each educator spent several weeks last summer learning firsthand how cooperatives deliver power to members. Their takeaways will be integrated into lesson plans that will help students see how science, technology, engineering and math apply in the real world.

Electric cooperatives have partnered with the Kenan Fellows Program for Teacher Leadership, based at NC State University, since 2014 to help make learning relevant for students and to support workforce development through excellence in education in local communities.

Learn more about the Kenan Fellows partnership at ncelectriccooperatives.com/kenanfellows.



Be a Co-op Voter!

Election Day is Tuesday, November 6. Electric cooperatives are dedicated to making our voices heard at the polls—plan to vote to support issues important to our communities.

Early voting runs October 17 through November 3. Visit bit.ly/ncsbe-polling to find your Election Day polling place and information about your county board of elections.

ENERGY TECH

Deck the Halls with LEDs

Already planning this year's Christmas decoration extravaganza? Help keep electric bills low by making energy-efficient LED lights a part of the plan. LED lights use about 80 percent less energy that their incandescent counterparts.

The reason incandescent bulbs are so inefficient is that at least 90 percent of their energy is converted into heat, not light. LEDs, by contrast, convert virtually all their energy to light. This means up to 20 strings of LED lights can be linked together, whereas incandescent sets are typically limited to between three and five strings in a chain. The efficiency of LED lights also makes them safer because they generate so much less heat.

Aside from their energy efficiency, LED lights can last longer—around 200,000 hours or more, which is about 25 times longer than incandescent lights. The bulb is more durable because it is made of an epoxy instead of glass.

But not all LEDs are created equal. An LED that is not designed properly can flicker, change color or draw power even when it's turned off. To avoid these problems, purchase Energy Star®-rated LEDs. To qualify for the Energy Star rating, LED products must use 75 percent less energy than incandescent lighting and pass a number of additional tests.

The drawback of switching over to LED lights is the upfront cost (although each season you'll notice a narrowing cost difference). Nonetheless, one estimate we ran across showed the estimated cost of buying and operating standard C-9 lights for 10 seasons is $122 for incandescent bulbs and $18 for LEDs. Plus, the LED lighting is more likely to last the full 10 seasons, meaning less trips to the store!

Other innovative decorating ideas—such as laser light projectors or lighting distributed across a broader space—can also cut energy expenses while still keeping your holidays bright.

—Pat Keegan and Brad Thiessen, Collaborative Efficiency

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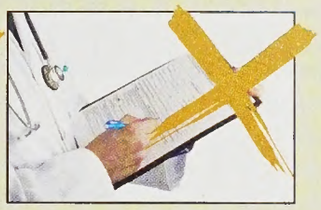

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55-59	$14.20	$11.95	$23.00	$19.25	$45.00	$37.50	$111.00	$92.25
60-64	$17.20	$13.30	$28.00	$21.50	$55.00	$42.00	$136.00	$103.50
65-69	$20.50	$16.00	$33.50	$26.00	$66.00	$51.00	$163.50	$126.00
70-74	$27.40	$21.40	$45.00	$35.00	$89.00	$69.00	$221.00	$171.00
75-79	$37.00	$30.10	$61.00	$49.50	$121.00	$98.00	$301.00	$243.50
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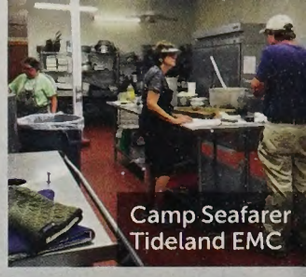
Keith Gardner
Fayetteville
South River EMC

Black River Bridge
Four County EMC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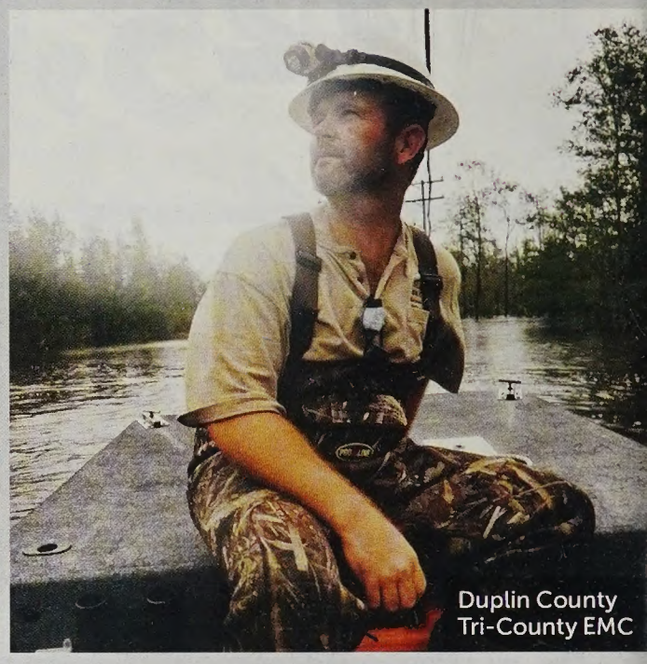
Tideland EMC

Columbus County
Brunswick EMC


Duplin County
Tri-County EMC

Pender County
Four County EMC

Jacksonville
Jones-Onslow EMC

DETERMINATION IN THE FACE OF FLORENCE

Electric co-op employees worked around the clock to get their communities back online

By Gordon Byrd

The sun is out, and the wind is still at the Lumbee River EMC (LREMC) building in Red Springs. Traffic is moving despite several road closures, but the ordinariness of passing cars and trucks cannot mask the surrounding devastation.

Hurricane Florence had swept through the region only days before, leaving hundreds of thousands without power. LREMC was on emergency generators to power its headquarters. And floodwaters were still rising.

Florence made landfall near Wrightsville Beach on Friday, September 14, as a massive and deadly storm. Electric co-ops serving southeastern counties—in particular Brunswick Electric (BEMC), Carteret-Craven Electric Cooperative, Four County EMC, Jones-Onslow EMC, Lumbee River EMC, South River EMC, Tideland EMC and Tri-County EMC—bore the brunt of the initial impact. But the storm's trajectory would affect thousands further inland in the coming days, causing flooding across much of the state. Peak electric co-op outages hit a record high of more than 300,000—nearly one-third of all co-op members in North Carolina.

But at the co-ops faced with Florence's force, a steeled determination met the furious winds.

"It's not about numbers, not addresses, but people. People we know—our neighbors."

"We knew we needed to have the strongest response possible," said Don Hughes, CEO and general manager of BEMC. "We were ready."

At LREMC, employees like Contract Services Coordinator Derek Owens made arrangements weeks in advance for the crews coming in from other electric co-ops.

"We brought in co-op crews from Ohio, Tennessee and Alabama, besides the North Carolina trucks," Owens said. Other affected co-ops also received assistance from Illinois, Florida and Georgia co-ops, as well as help from North Carolina co-ops unaffected by the storm.

Owens arrived before dawn the day before Florence made landfall with enough clothing for the week. While his contractors had hotel rooms, Owens slept on a cot next to his desk. Before the storm hit, finding accommodations was difficult, but the real challenge began after the storm.

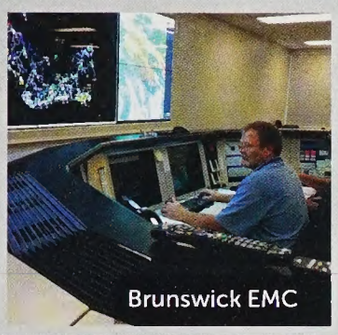
All hands on deck

As Florence churned down the coast into South Carolina, storm surge, winds and flooding proved devastating. Carteret-Craven Electric Cooperative lost power across its entire system. BEMC outages neared 100 percent. Such dire circumstances called for all hands on deck.

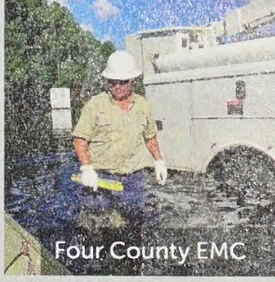
"People who do certain jobs under normal circumstances get assigned much different roles during emergencies like this because they are essential," said Carteret-Craven Electric Cooperative Communications Director Lisa Galizia. "At times like this, what matters

Newport
Carteret-Craven EMC

Hampstead
Four County EMC


Brunswick EMC

Jones-Onslow EMC


Four County EMC

Lumbee River EMC

Bladen County
Four County EMC

Pembroke
Lumbee River EMC

Camp Seafarer
Tideland EMC

is lodging visiting crews, keeping everyone fed, getting supplies out and 'bird-dogging' for line crews unfamiliar with your territory... We're constantly keeping track of where the crews are and how many meals they need so we can run them out to them."

To keep the hundreds of line crew workers operational, it took a Herculean effort to keep them fed and well-equipped, including washing layers of required clothing.

"Nothing can keep these guys from doing the job they're trained to do, but clean, dry socks do help," said BEMC Manager of Operations Josh Winslow.

BEMC employees rose to the occasion to ferry more than 450 pounds of wet, soiled clothing to a boarded-up local laundromat when their own washers and dryers couldn't handle the demand. Tideland EMC office personnel took over the kitchen at YMCA Camp Seafarer in Arapahoe for meal preparation to feed linemen and tree trimmers—CEO Paul Spruill's duties included transporting crews in a school bus to their sleeping quarters at the camp. At LREMC, Consumer Accounting Specialist Meta Deese fed crews from a food truck, no easy feat with so many shortages in the region.

Putting personal lives on hold

Working around the clock to support power restoration efforts can be especially difficult for those employees affected by the storm themselves. Many left family members at home, hearing reports of power outages and damage to their own homes while staying focused on tasks at hand.

Guadalupe Torres, one of LREMC's Spanish-speaking call center workers, lives with her special needs granddaughter and grandniece. They used a generator to run feeding and breathing machines until power could return six days after the storm struck. Meanwhile, Torres worked from 7 a.m. to 11 p.m., sleeping in her office while not on the phone. She provided reassurance to distressed members who called looking for answers, assurance and a supportive voice on the end of the line.

"One man can only do so much. But a team, now that's another story," said BEMC Line Technician Robert Cartrette, discussing work to restore power throughout his own community. "It's not about numbers, not addresses, but people. People we know—our neighbors."

Though Florence's impacts persist, many co-op members had power restored quickly and were able to get on with their lives and recovery. Within a week, hundreds of thousands of outages had been reduced to 12,700, which were also soon restored. With restoration work complete, co-op employees were able to return home, assess damage and begin to move on.

"Several of our employees suffered losses and real hardships during the storm, but continued to put service to others before self," said BEMC Marketing Communications Supervisor Heather Holbrook. "We were all focused on doing our jobs during the storm, and part of that focus included supporting our crews with everything they needed—even an encouraging note tied to their clean laundry. The little things matter."

Gordon Byrd is a veteran who works for UNC Pembroke. Carolina Country Editor Scott Gates and Derrill Holly, NRECA, also contributed to this article.

carolinacountry.com/extras
Watch a video of the hurricane's devastation and the all-hands-on-deck cooperative recovery effort.

So you want to host a Pig Pick'n?

Organizing a Carolina tradition doesn't have to be complicated

Story and photos by Wendy Perry

Many of us who grew up around North Carolina feel like we were born eating barbecue. We've lost count of the pig pick'ns we have been to or hosted over time. The picking of pigs is so much of a norm for us that when folks who "ain't from around here" say they've never been to one, we gasp, and feel a need to host or find one of these Southern communal feasting rituals so that they may be initiated.

So let's chat about hosting one, and let them in on our good eats.

First, a fact that is imperative to establish at this point: Barbecue is a noun, not a verb. At least for most of us. We eat barbecue. We don't "have" a barbecue. We grill or cook out, or in this case, have a pig pick'n.

But just what does it take to host a pig pick'n? Don't be overwhelmed—I've broken it down here in 10 steps:

1

A reason isn't really required to cook a pig, although there often may be one. Being that food is a focal point for most all celebrations, and since hogs can be had in all sorts of sizes and are relatively inexpensive, a pig pick'n is budget friendly and suitable for all sorts of affairs. From hauling one in its cooker to a college football parking lot to wedding celebrations, you can't go wrong with pick'n pork.

2

Next, you'll need to jot down your guest list to decide just what size hog is needed. It is at this point you will want to bring your friend, the local pitmaster, to the party. He or she is the most vital ingredient of your gathering (aside from the pig of honor, of course). We all know who these folks are, but if you are new to this, ask your local friends for recommendations. Let the pitmaster take on the piggy prep while you focus on the hosting and fix'ns. They will be the providers of the all-important sauce, too, typically their own special "secret" recipe.

3

So now that the pig is off your plate, so to speak, it's time to dress it up. When we dress up our pigs, we're not talking fancy frou-frou sorts of stuff. This is when you call up those friends who love to cook or those who have said "let me know if I can help with anything" or "can I bring something?" (although they probably didn't actually mean that, and were just being gracious).

For smaller gatherings, it's fun to turn it into a potluck and ask others to bring their special slaw, tater salad, baked beans, or whatever other barbecue-centric recipes are dear to them. It's like the good old days of country church homecomings, when long rows of sawhorses topped with plywood were filled with such a bounty, and chickens were fried that morning, not put out in golden yellow or red and white boxes!

Just be sure to keep a list so you don't end up with a trough-full of one or the other, and so you will know what

Above and opposite page: Scenes from an October pig pick'n at the Bunn-Jenkins family reunion outside of Spring Hope in the Peachtree community. Four generations travel from as far away as Florida and Maryland to get some of Bobby Bunn's deliciously cooked pork.

carolinacountry.com/extras
From frying hushpuppies to chopping pork, watch our video to get the full pig pick'n experience.

to fix yourself to fill in the gaps.

For larger gatherings, you will want to dial up your local country cook'n restaurant and let them help you be "hostess with the mostess" and make up big pans of sides, usually presented in tin foil pans. By hiding these and dishing out into your own serving vessels (and shaking a bit of paprika here and there) you can accept the accolades, except from the inevitable few who patronize said restaurants and recognize their dishes by looks alone.

4

At this point, I must stress *food safety!* My friends know me as the Food Safety Police. *This* is the most important element of your food and presentation. You do not want your party to be remembered for being that one that made dozens sick because hot foods weren't hot and cold foods were...*warm! UGH.* (Did you know even baked beans can wreak havoc?)

Please keep cold foods on ice, put out in small batches kept in proper refrigeration. I beg of you. And if you have a big crowd and lots to keep chilled, an easy way to do that is with a small kid's swimming pool, or things like big galvanized tubs lined with burlap. Fill with ice and sit your bowls into the pool at serving time. Borrow or rent chafers for your hot foods, and chat with your pig cooker about his food safety plans also.

5

To round out your meal, white bread or rolls are standard and help with grease absorption. Some like to add hushpuppies. You'll probably want to pick those up somewhere, or for those a bit more adventurous, try our award-winning recipe for Oinkers with BBQ Gravy Dip (see page 12).

6

To wash it all down, sweet tea (and unsweet) must be invited to the party. A tub of ice and pitchers of lemonade

will be appreciated. Just resist the urge to serve your lemonade in a cute tin bucket or tub, as a resulting acidic chemical reaction may leave your refreshment tasting metallic. And don't forget to have plenty of cold water! A recommended added treat here in NC: plenty of iced-down Cheerwine.

7 Little else is needed, except fun disposables. And tables and chairs. Adorn your tables with flower vases (aka jars pulled from the back of your cabinets). Nothing fancy is required—whimsical flowers and greenery are often available growing wild around the neighborhood. Inexpensive sheets of burlap can be had from farm container supply businesses.

8 Finally, desserts are a must. "A little something sweet" to balance out the pig fat, you know. Typically, this will be banana pudding and pig pick'n cake. We have made this really simple for you with our Pig Pick'n Banana Pudding—a no-cook crowd pleaser that you can throw together in no time (or farm out to one of those who asked to "do something").

9 A few last tips: Be sure to have plenty of containers or zippered bags to pack up the leftover pig, as there will usually be some. Ask your pitmaster to take care of this final pick'n for you. Have some of those "can I help with anything" folks lined up to pitch in with post-pick'n clean-up (and reward them with leftover pig).

10 Last, but not least, *have fun!* Don't work yourself silly. The beauty of hosting a pig pick'n is its simplicity...so even the host can kick back and enjoy it.

Wendy Perry, a culinary adventurist and blogger, chats about goodness around NC on her blog at WendysHomeEconomics.com.

Oinkers!

With Sweet n' Hot BBQ Gravy Dip

Winner of Midstate Mills first "Best Southern Biscuit Contest" in 2011, these little BBQ biscuit bites are fun to make, delish and a conversation piece. Great for tailgate parties, picnics and for freezing to have on hand when friends drop by (a perfect pairing for cold beer on the patio, as well).

Biscuits

- 2 cups biscuit mix
- ½ cup buttermilk
- ¼ cup vinegar-based Eastern NC BBQ sauce
- 1 teaspoon hot sauce
- ½ teaspoon crushed red pepper
- 1 tablespoon sugar
- ½ teaspoon salt and black pepper
- 1¼ cups firmly packed, finely chopped Eastern-style barbecue
- ⅔ cups finely chopped slaw

BBQ Dip

- 1 (16-ounce) bottle vinegar-based BBQ sauce or combination of thick-thin sauces
- 1 tablespoon brown sugar, honey or molasses (if using sauce that's not sweet)

Preheat oven to 425 degrees.

Combine all biscuit ingredients, folding together until blended. Drop by heaping teaspoon-size mounds onto greased skillet. Mounds should be near, but not touching each other.

Bake about 9 minutes until tops are lightly browned.

For dip, bring sauce(s) to a boil in a heavy saucepan. Reduce to rolling simmer and continue cooking until reduced into thickened "gravy." Sweeten as desired.

Serve biscuits, warm or at room temp, with BBQ Gravy in bowl for dip'n!

Yield: About 4 dozen biscuits

Pig Pick'n Banana Pudding

No pig pick'n is complete without banana pudding and pig pick'n cake. We decided to make the ultimate dessert and combine the two. Assemble early in the day so the wafers have time to soak up the creamy pudding goodness!

Pudding

- 1 (12-ounce) can evaporated milk
- 2 cans full of milk
- 1 (5-ounce) instant vanilla pudding
- 1 (8-ounce) cream cheese, softened and divided in half
- 1 orange, juiced and zested
- 2 (11-ounce) boxes vanilla wafers
- 5–6 medium bananas
- 1 (20-ounce) can pineapple tidbits, drained

Topping

- 1 pint heavy whipping cream
- ½ cup sugar
- 1 can condensed milk
- 1 teaspoon vanilla extract
- 1 (20-ounce) can crushed pineapple, drained
- 3 (11-ounce) cans mandarin orange segments, drained

Put milk into deep bowl and mix in pudding. Let stand 5 minutes. Using mixer, blend in half of the cream cheese and orange juice.

Put one bag of wafers in bottom of 13″ x 9″ deep dish bowl. Slice half the bananas over wafers. Scatter with half of the pineapple tidbits. Repeat layers.

Pour pudding mixture over and gently shake so it will ooze into layers.

For topping, whip cream, remaining cream cheese and sugar until stiff peaks form. Add milk, extract, pineapple, 2 cans of orange segments and whip just enough to blend all together.

Cover layered pudding with topping and garnish with remaining orange segments and orange zest.

Chill several hours before serving.

Yield: 18–24 servings

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Serious Barbecue from a New Generation

Matthew Register is passionate about small-town BBQ

By Debbie Moose

Matthew Register

In Eastern North Carolina, you can't blow smoke about barbecue. Folks have no problem telling you what's good and what isn't.

Matthew Register knew that when he started Southern Smoke in 2014 in Garland.

"Everybody around here has a dad or a granddad's place with the best barbecue. You won't stay open long if you don't know what you're doing," Matthew says.

Matthew, 38, possessed no barbecue pedigree but he had a passion: real barbecue, a product of nothing but pork, wood smoke and time.

Old-school barbeque

Southern Smoke has drawn attention from well-known chefs including Chapel Hill's Bill Smith, and Matthew participates in food events such as Euphoria in Greenville, S.C., and Terra Vita in Chapel Hill. When Matthew cooked for the International Bluegrass Music Association festival in Raleigh in 2016, he was featured on the Today Show with one of his creative sides, sweet potato hash with pork belly. Now, he's working on a cookbook set to come out in 2019.

There's a bustling catering business, a food truck and the tiny restaurant, which is open only for lunch on Thursdays and Fridays. (Get there when the doors open at 11:30 a.m., because the ribs, barbecue, chicken, sides and pies, most of them made by Matthew and one assistant, have been known to sell out in an hour.) People drive from as far away as Durham and Raleigh to the spot, which has no indoor seating, just a covered picnic area in the back with a bar made from a 1956 Ford.

Debbie Moose

Pork ribs smoked over oak

Matthew, who grew up in Harrells and has lived away from Eastern North Carolina for only nine months of his life—"I never want to move," he explains—was surrounded by good cooks from whom he absorbed a love of food.

"I started in my backyard on a Lowe's grill smoking ribs and just about anything else," he says. Then his wife's uncle built him a backyard pit. "I'd sit up all night by myself or with some buddies, smoking pork."

He read every book he could find about the restaurant business, Southern food and barbecue, writing down ideas. He considers Chapel Hill author John Shelton Reed's "Holy Smoke" his barbecue bible.

"It helped me form the core beliefs I have. I just started and I never stopped," Matthew says.

After people began asking him to cook for parties, he decided to start a business. The day Southern Smoke opened, the line was 30 to 40 deep, Matthew remembers.

New traditions

While Matthew is old-school about barbecue and ribs (he smokes over oak), other things on his menu aren't traditional. The chicken may have an Asian sesame sauce, or be fried. And while the customary slaw and potato salad are among the sides, other dishes vary with what farmers bring him: squash-rice pudding, butter beans and tomatoes, bacon honey mustard roasted potatoes. It's all listed on a chalkboard, along with the Kool-Aid flavor of the day.

"I love Kool-Aid," he says. "It surprises and brings out the kid in you. Grape Kool-Aid always reminds me of vacation bible school. It makes people smile."

Sauces are named for his daughter and two sons: Sweet Grace, a sweet tomato sauce; and Two Brothers, an eastern-style vinegar sauce.

Twice a year, Matthew has special dinners with a different southern regional focus and guest chefs. To find out about those, sign up on the Southern Smoke website (southernsmokebbqnc.com).

With no formal training, Matthew feels that he's still trying to find himself as a cook, but knows that whatever he does, he wants to do it in Garland, population just over 600.

"This is home, man," he says. "I want to inspire someone in Eastern North Carolina—if they will look at me and say 'he built something in his home town, why can't I?'—that you don't have to leave to succeed."

Debbie Moose is a freelance writer, essay writer and cookbook author in Raleigh whose newest book is "Carolina Catch: Cooking North Carolina Fish and Shellfish from Mountains to Coast."

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Doing More with Your Front Door

Considerations for a new home entryway

Is it time to replace your home's front door? If your current door is boring or your foyer drafty, the answer may be yes. Not only can a new door boost exterior appeal, it will prepare interior spaces for a temperature fluctuations. This makes your home more appealing and comfortable, and saves you money on electric bills. Here are some important factors to consider when it comes to choosing entry doors:

A tailored fit

Nothing feels quite as good as well-tailored clothing created specifically to your size, shape and style preference. Off-the-rack clothing just doesn't fit everyone's measurements. Similarly, off-the-rack doors fall short of expectations in the same way. The materials and workmanship that go into custom-made doors are of exceptional quality and durability, and far exceed what is available as ready-made. Unlike consumer-grade doors, which are cut down to fit your need, professional-class doors are built to your exact measurements for a more secure and energy efficient door.

Energy efficiency

Look for Energy Star®-rated doors, which have been independently tested and certified to meet strict energy-efficiency standards set by the Environmental Protection Agency. While a new door does come with a price tag, it's important to keep in mind that the right choice can help you lower your utility bills and ultimately present a return on your investment.

The materials and workmanship of a custom-made door boast exceptional quality and durability.

Materials that last

While wood doors offer a beautiful classic look, they require regular maintenance and lack the endurance, security and energy efficiency of fiberglass or steel. Consider opting for quality materials that will last a long time, but not force you to sacrifice the look you want. For example, the low-maintenance fiberglass choices offered by door system manufacturer ProVia are among market options that provide the classic look of real woodgrain, but are engineered to be highly energy efficient.

Matching styles

When selecting a color and style, take into consideration the current architectural elements of your home. For example, if your residence sports a coastal style, you may want to continue that theme by choosing sea colors, such as grays and blues, for your door and its trim. Keep in mind that an entry door can either be a place to maintain the overall mood of your home's exterior or a way to add a delightful pop of color. Door manufacturers and retailers often include a visualizer tool on their websites that allows you to upload a photo of your own home or condo and then select doors to see how they would look. These online tools let you play with various door combinations, and you can really get a better sense of what works best style-wise within just a few minutes of using them.

—StatePoint

The U.S. Department of Energy offers more information about selecting energy efficient exterior doors at bit.ly/energy-doors.

Avoiding Falls

Take these steps to help prevent them

When you're young, an injury from a fall may sideline you for a few days or weeks, but a full recovery usually comes fairly soon. As you get older, the consequences of falls can become more serious, setting up a sequence of events that can have longstanding implications on independence and health.

It doesn't have to be that way, however. Although falls typically become more common and can be more serious as you age, falls are not a natural part of getting older. In fact, most falls are preventable. Knowing the factors that put you at greater risk of falling and taking proper steps can help prevent falls.

Risk factors for falls in older people include overall health (chronic diseases and physical conditions), environment (situations at home) and behaviors, such as rushing around or standing on a chair to reach something.

These tips from the experts at the National Council on Aging can help prevent falls. You can also get more information at acl.gov/fallsprevention.

- **Stay active.** Exercise helps increase or maintain coordination and muscle tone that can keep you steady on your feet and your reactions sharp. Walking, gardening or taking an exercise class are just a few ways to keep your heart healthy and your muscles toned.
- **Manage underlying chronic conditions.** The better your overall health, the lower your risk of falls. Chronic conditions like diabetes, depression, osteoarthritis, obesity and high blood pressure can increase your risk. Managing those conditions by seeing your health care provider regularly, taking medication as prescribed, eating a healthy diet and choosing appropriate exercise can help prevent falls.
- **Review medications.** Side effects from and interactions with some medications can cause dizziness that can increase the risk of falling. Types of medicine associated with an increased risk include sedatives and diuretics as well as those used to treat high blood pressure and anxiety. Talk to your doctor about all prescriptions and over-the-counter medicines you are taking.
- **Get your eyes checked.** Vision changes as you age, so it is important to get your eyes checked once a year. Make sure your prescription is up to date and screen for any eye-related diseases like cataracts and glaucoma, which are usually treatable when caught at an early stage.
- **Assess your home.** Look around your home for potential hazards. Consider enlisting the help of a family member, friend or neighbor who may be more likely to notice things you don't. Install grab bars in your bathrooms, get rid of slippery throw rugs (or add a rubber backing) and keep passageways inside and outside your home well lit and free from clutter and debris.

—FamilyFeatures.com

Trash or Treasure?

That 'junk' in your attic or basement may be worth more than you think

From baseball cards to postcards and toys, is that "junk" in your attic or basement dusty treasure or just dusty? We've all heard of people getting rich from the sale of rare memorabilia. So, how can you tell if your stuff is valuable, and if it is, how can you sell it?

"The general rule is that the older the item, the more valuable it is. 1980 is not old. 1960 is kind of old. 1910 is old," says Al Crisafulli, auction director at Love of the Game Auctions, an internet auction house. Here are his tips to help determine if your items are valuable:

Postcards

Postcards of your vacation destinations likely are worthless. But those depicting famous people, such as movie star cards and vintage baseball postcards, can be valuable. Look for early "real photo" postcards from the 1900s through the 1940s, which are photographs printed on postcard backs. The older, the better, and the more famous, the better.

Old Halloween or Christmas postcards from the early 1900s can be expensive. The same goes for many intricate "hold-to-light" postcards, where portions of scenes light up when held to strong light.

Toys

Do you have toys that depict famous characters, such as early Walt Disney items, superheroes and Star Wars figures? The most prized toys are those in original condition with no broken pieces and paint intact. And if you have original boxes, you might strike gold!

Memorabilia

Look for old advertising posters depicting sports stars and food, tobacco or sporting goods brands. This doesn't mean ads torn from magazines, but those used as store displays and for other purposes. Tin signs are highly collectible from the 1900s into the 1960s, but low-quality reproductions aren't.

Valuable items are not always stored away. Some are in full view, but their owners don't realize they are worth money.

Baseball cards

Cards from the 1960s and earlier are collectible, and those from before the 1940s can be extremely pricey. Do they have sharp corners, no creases and retain original gloss? Do they depict star players and Hall of Famers? A Babe Ruth, Ty Cobb, Honus Wagner or Mickey Mantle will sell for more than non-stars.

With particularly old baseball cards from the 1880s and early 1900s, look for tobacco and candy brands, such as Old Judge, Piedmont, Sweet Caporal and American Caramel. Unopened packs from almost any era can be valuable.

Don't dismiss everyday items

Valuable items are not always stored away. Some are in full view, but their owners don't realize they are worth money. For example, long ago in North Carolina, a Cabarrus County boy named Conrad Reed found a yellow rock in a creek and brought it home. It was roughly 17 pounds, and his family used it in their home as a doorstop for many years before they found out it was made of gold.

More recently, Crisafulli determined that a family's baseball bat that spent decades beside their front door to protect from intruders was actually used by Hall of Famer Lou Gehrig. It sold for more than $430,000.

Selling collectibles

When you go to sell items, it's a good idea to consider a specialty auction that has the expertise to properly research your pieces, and maintains lists of bidders specializing in this area so it can get top dollar for your items.

—Statepoint

Bacon, Baked Brie and Cranberry Melts

This build-your-own appetizer packs a lot of flavor and allows guests to customize based on their needs. For additional party recipes, visit crunchmaster.com.

- 24 multi-grain crackers, sea salt flavor
- 24 small slices Brie cheese
- ¼ cup prepared cranberry sauce
- 2 slices bacon, cooked and crumbled*

Heat broiler to high and position rack in center of oven. Arrange crackers in single layer on a foil-lined baking sheet.

Top each cracker with slice of Brie, ½ teaspoon cranberry sauce and sprinkle of bacon.

Broil 1–2 minutes, or until cheese is melted.

**Vegetarian option: Substitute chopped hickory-smoked almonds or pecans for the bacon.*

Yield: 6 servings

No-Stress Hosting Plan

Serve flexible fare to accommodate dietary restrictions

When hosting for the holidays, it can be a challenge to accommodate all of your guests' dietary preferences, food allergies and restrictions. Building out a balanced menu, like other parts of hosting, starts with devising a thought-out plan.

To help accomplish this task without cooking up personal dishes for each guest, consider these tips:

- **Plan ahead.** Request that guests specify allergies and restrictions on RSVPs. Even if you think you know the special diets each of your guests have been on, someone's restrictions may have just changed.
- **Think back to past festivities.** Try to remember which dishes were hits at last year's party, and which ones were hardly touched. Maybe the appetizers that disappeared in a flash would be good to repeat this year.
- **Create flexible snacks.** Serve food that addresses a multitude of dietary restrictions, such as trays with fresh fruit and veggies. If someone is allergic to strawberries, they can bypass those and select other fruit, such as slices of pear, kiwi, nectarines and apples.
- **Allow guests to build their entrees.** For example, set up a taco bar. Your guests can choose among a variety of fixings, which can include cooked hamburger or grilled chicken, guacamole, black beans, shredded cheeses (dairy and non-dairy), grilled onions, freshly cut up lettuce and tomatoes and sliced jalapenos and other hot peppers. For desserts, offer guests a traditionally made pie and sugar-free brownies.
- **Provide meatless versions.** This is helpful not only for vegetarians, but for people who are cutting back on their meat consumption. Make one chili with hamburger, and another one with beans or ground soy crumbles. Or, if some people are avoiding red meat specifically, serve a chili made with ground pork or turkey.
- **Add labels.** Sometimes it can be nearly impossible to cover everyone's restrictions, especially if you have a large crowd. If one of your food choices contains a common allergen, such as peanuts, tape a card on the bowl, tray or pan that informs guests of the ingredients included. If you know that someone is allergic to that dish, also mention it to them.

—FamilyFeatures.com

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Stay Safe Long after the Storm

Make sure your house is healthy after flooding

By Jonathan Coulter and Sam Myers

Q: My home flooded during Hurricane Florence. The water has receded, but how do I make sure my home is safe and dry?

A: Hurricane Florence brought record amounts of rainfall and devastating flooding across North Carolina, especially in the eastern part of the state. As flooding recedes, many people are returning to their homes and beginning the restoration process.

If you are moving back into a home that was flooded, it is extremely important to become knowledgeable on moisture management and take the necessary steps to keep your house safe and healthy for you and your family.

Choose your contractor wisely

Reputable general contractors and HVAC contractors will be a huge help in making repairs to flooded homes. However, many have not received specific training on moisture issues and mold prevention. Extra steps must be taken to ensure flooded homes will be safe to live in now and in the future. For high-performing healthy homes, contractors use HERS Raters or BPI Analysts to ensure they don't miss any important details. It would be beneficial to utilize these experts when developing a rehabilitation plan for a flooded home. You can also find weatherization and HVAC contractors with certification from the Building Performance Institute to make repairs that will help prevent future mold growth.

carolinacountry.com/extras
Look online for this story, along with a list of resources including contractor locator tools and other helpful articles.

Install a dehumidifier

If your home was flooded, especially where the walls and foundation where submerged, please consider having dehumidification installed. A dehumidifier will actively reduce moisture levels to help prevent mold from growing inside the home or crawl space. It can be a stand-alone unit or incorporated into your existing HVAC system (a licensed HVAC contractor will be able to install this type).

For those with allergies and asthma, it may also be beneficial to install a medical grade air purification system that removes mold spores, chemicals, and even viruses from the air.

Close your crawlspace

We live in the Southeast, where humidity is already an issue that is frequently overlooked. When you add framing and foundations that have been completely submerged, these parts of the home will not completely dry out, especially if the restoration work is rushed due to tight schedules. This applies even more to homes built on crawlspaces. If the crawlspace flooded, encapsulate/close and dehumidify it. If you do not, mold may occur and creep into your home. Also, if the crawl space is not dried out, there may be a structural danger and risk of rotting floor joists.

Take mold seriously

Along with causing allergy induced asthma, long-term exposure to mold can also negatively affect how you sleep and how you think. A previously flooded home may amplify this issue.

Evidence of moisture damage typically cannot be seen from the main living space, so the "out of sight, out of mind" effect kicks in. This being said, people end up paying more for this problem with higher healthcare costs and discomfort than they would by addressing it in the first place.

Put health and safety first

Throughout the restoration process, it is important to prioritize health and safety over the time it takes to make repairs. Reputable contractors and your local electric cooperative also will stress this. If water reached the electric meter during flooding, then your electric service cannot be restored until inspections are done and approvals are granted. Energizing houses that have not been correctly restored can result in house fires as well as serious personal injury.

Having a flood in your home is an awful situation and requires a lot of time to properly clean up. It is worth the time, however, to research and make the best choices for you and your family so that your house remains healthy and safe for years to come.

Jonathan Coulter is a building science specialist with Advanced Energy in Raleigh; Sam Myers is a consultant with Retrotec.

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I Remember

Memories and photos from our readers

Nature Mirrors Life

This is a picture of my Father during one of the hardest times in his life. He was being treated for colon cancer, and was not able to do the things that he had done all his life.

This is when the doves flew into his life. All our life we have hunted doves and enjoyed eating them. One day while sitting in the living room, he noticed two doves flying into his boot that was on the porch. After a couple of days he noticed a nest. He started doing some research on doves and found out that doves mated for life. It reminded him of his relationship with my Mother. You see, my Mother had Alzheimer's disease. For my Dad, there will never be another mate for him other than my Mother.

In the photo he is holding the boot with the female in it. Many times he was able to pet the female, but never the male (just like my Mother, no matter the danger she always protected her kids). He was blessed to see the baby doves born and fly away, and in the past years, they have come back to visit him.

My Mother recently passed away. My Father is doing better. The doves remind us to sit back and enjoy the things around us that bring us joy.

Mike Crain, Rutherfordton, a member of Rutherford EMC

Send Us Your Memories We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we'll pay $50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Life Lessons from Dad

Growing up I loved to spend time with my Dad, whether we were at the Stock Yard in Wallace or fishing at Arthur King's pond.

When I was 8 years old, my Dad taught me how to drive a tractor and his straight shift, light blue Ford station wagon. We lived on a dirt road and when I drove that station wagon, you could barely see my head and I had that road smoking!

One day when my Dad and I were fishing for red fin at the bridge near House's Mill, an elderly lady was also fishing near us. My cork went down and as I was pulling a 10-inch red fin up, the lady shouted out, "Back up honey, back up!"

I was my Daddy's little girl, and he loved teaching his daughter. I miss the times we spent together.

Milley Brewington, Clinton, a member of South River EMC

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YES	BALL BEARING SLIDES	YES
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Color Your World with Crotons

Story and photos by L.A. Jackson

Looking for a flashy houseplant to visually jazz up an inside setting this fall and winter? The croton (*Codiaeum variegatum*) can certainly deliver the dazzle. Placed in a sunny location, this tropical plant will literally light a room up with its kaleidoscopic display of foliage colors. Yellow, orange, copper, pink, red, green, ivory—these are the many hues that stripe, streak, spot and blot the leaves, making it look less like a refined indoor plant and more like the result of an explosion in a paint factory.

Crotons also come in a wide range of leaf shapes. Some crotons sport large, glossy leaves almost a foot long and 4 to 6 inches wide, but there are also varieties that wave thin, finger-like leaves at admirers, while others flaunt foliage mimicking the shapes of oak leaves.

Crotons—easily found in nurseries and big box stores with garden centers—are normally bought as 1- to 2-foot specimens, but don't expect them to stay that way. Depending on the cultivar, they can stretch to 6 feet tall. However, a yearly pruning in the spring will keep them to the size you desire.

Croton care

Leaf-drop is a big bugaboo with indoor crotons, and it is usually caused by dry conditions. Misting the foliage occasionally and putting the plant on a tray of pebbles filled with water for extra humidity will help. In addition, keep the plant away from vent drafts.

Too much moisture can also be bad news. Crotons prefer soil that is slightly damp but not soggy, so water when the upper part of the dirt in the pot feels slightly dry to the touch. The plants will become stressed in standing water, and root rot is a definite possibility. When the leaves begin to wilt, it usually means there is way too much water in the pot.

Monthly applications of a diluted, water soluble, low-nitrogen fertilizer are treats for crotons in the spring and summer when they are actively growing, but during the fall and winter, regular watering will suffice.

Being a plant, the obvious question to ask is, will a croton flower? It can, but the small, ½-inch, star-like, off-white blooms are definitely a sideshow when compared to the riot of colorful leaves.

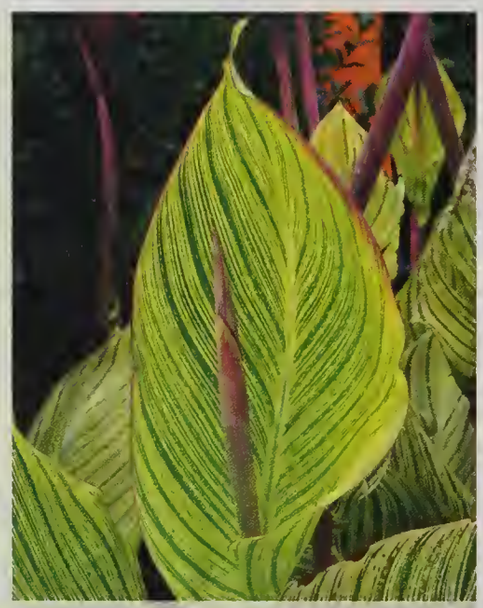
One word of caution: Croton leaves are toxic if eaten, so keep this plant away from curious kids and pets.

L.A. Jackson is the former editor of Carolina Gardener magazine. Contact L.A. at lajackson1@gmail.com.

Garden To-Do's for November

Canna leafrollers are caterpillars that spend the summer merrily chewing on canna lily foliage, making an otherwise pretty plant look raggedy. In severe cases, they can prevent leaves from unfurling and even reduce flower production. A good time to strike back is after the first frosts of autumn. These caterpillars like to overwinter deep in the rolls of spent leaves, so simply cut cold-bit canna stalks down to a few inches above the ground, and send the clippings, as well as the slumbering leafrollers, to the local landfill.

- ☐ A nonchemical way to help reduce problems with bad garden bugs next year is to turn over any vacated plant beds at the end of November to expose insects tucked away underground to the freezing c-c-c-cold. To be more effective, do this again in January and February.
- ☐ Beginning this month, force paperwhite narcissus bulbs into flower by planting them indoors in shallow pots of pebbles and water so they will be ready as blooming presents in time for Christmas.



Leafrollers like to hide in Canna leaves.

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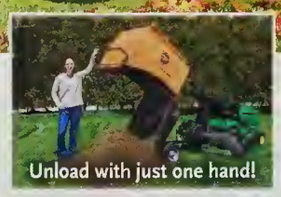

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Hurricane Benefit
Nov. 3, Morehead City

November Events

MOUNTAINS

Pottery Festival
Demos, master potters
Nov. 3, Dillsboro
828-631-5100
wncpotteryfestival.com

Mountain Heart Band
Redefining acoustic music
Nov. 3, Franklin
866-273-4615
greatmountainmusic.com

LuLa & More
Vendors Expo
Nov. 3, Lenoir
828-292-7047
facebook.com/MotherDaughterEvents

All I Want for Christmas
Shopping expo
Nov. 10, Lenoir
828-292-7047
facebook.com/MotherDaughterEvents

The Bellamy Brothers
Country music
Nov. 16, Franklin
866-273-4615
greatmountainmusic.com

Yesterday: Tribute to the Beatles
Enactment of pop band
Nov. 17, Morganton
828-433-7469
commaonline.org

Tree Lighting & Carnival
Nov. 17, Morganton
828-438-5251
downtownmorganton.com

Fall Expo
A mix of vendors
Nov. 17, Hickory
828-292-7047
facebook.com/MotherDaughterEvents

Tweetsie Christmas
Holiday attractions on Fridays, Saturdays
Nov. 23–Dec. 29, Blowing Rock
800-526-5740
tweetsie.com/special-events

Lighting for the Holidays
Carriage rides, Santa
Nov. 23, Hendersonville
800-828-4244
visithendersonvillenc.org

Maggie Gets Lit
Music, crafts, lights
Nov. 24, Maggie Valley
828-926-1686
maggiegetslit.com

Christmas in Sparta
Parade, Santa
Nov. 24, Sparta
336-372-5743
sparta-nc.com

A John Berry Christmas
Country singer-songwriter
Nov. 24, Franklin
866-273-4615
greatmountainmusic.com

Toe River Studio Tour
Various artists
Nov. 30–Dec. 2, Burnsville
828-682-7215
toeriverarts.org

PIEDMONT

Gallberry Corn Maze
Hayrides, tube slide
Sept. 29–Nov. 4, Hope Mills
910-309-7582
gallberrycornmaze.com

Holly Day Fair
Shopping expo
Nov. 1–4, Fayetteville
910-323-5509
hollydayfair.com

Cozy Cottage Craft Show
Gifts, baked goods
Nov. 2–3, Kernersville
336-993-2260
2csanyi2@gmail.com

Pumpkin Fest
Games, car cruise-in
Nov. 3, Statesville
704-878-3436
statesvillepumpkinfest.com

The Shindig
Americana music festival
Nov. 3, Clayton
919-989-8687
theshindig.net

carolinacountry.com/calendar
See more events online with photos, descriptions, maps and directions.

Listing Deadlines:
For Jan.: Nov. 25
For Feb.: Dec. 25

Submit Listings Online:
carolinacountry.com/calendar
(No email or U.S. Mail.)

Toe River Studio Tour
Nov. 30–Dec. 2, Burnsville

Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Dom Flemons
Folk artist
Nov. 4, Statesville
704-872-6314
trinityartistseries.org

Visions of Sugarplums
Holiday art, gift show
Nov. 8–10, Raleigh
919-847-4868
visionsofsugarplumsraleigh.com

Davie Craft Corner
Bake sale, door prizes
Nov. 8–10, Mocksville
336-998-2276
mytigerlily3@yahoo.com

Pottery Tour
Various artisans
Nov. 10–11, Durham
919-544-2451
durhamcountypotterytour.com

The Art of Giving
Gifts for the holidays
Nov. 12–Dec. 31, Hillsborough
919-732-5001
hillsboroughgallery.com

Yule Mart Craft Fair
Nov. 17–18, Fort Bragg
703-919-7208
facebook.com/fortbraggabs

Celebration of Seagrove Potters
Nov. 16–18, Seagrove
336-517-7272
discoverseagrove.com

The Grascals
Nov. 17, Troy
704-985-6987
bluegrassintroy.com

Pottery Festival
Nov. 17–18, Seagrove
336-873-7887
heartofnorthcarolina.com

Piedmont Opry
Americana music
Nov. 23, Farmington
336-998-2912
piedmontopry.com

The Shindig
Nov. 3, Clayton

Country Christmas Train
Nativity story, cocoa
Nov. 23–Dec. 27, Denton
336-859-2755
dentonfarmpark.com

Deck the Halls
Craft stations, hayrides
Nov. 24, Pilot Mountain
336-496-2664
visitpilotmountain.com

Holiday Tour of Homes
Nov. 30–Dec. 1, Waxhaw
215-718-3007
waxhawwomansclub.org

The Nutcracker
Classic ballet
Nov. 30–Dec. 2, Albemarle
704-982-7514
uwharrieyoutharts.com

COAST

Hurricane Benefit
Food, music on waterfront
Nov. 3, Morehead City
252-726-6273
ncseafoodfestival.org

Honor Choir Festival
Students' finale concert
Nov. 2, Mount Olive
919-440-6030
cwellinger@umo.edu

Marquee on Main
Indie film festival
Nov. 2–3, Washington
252-946-2504
artsofthepamlico.org

Women's Fellowship Fall Bazaar
Garden, home items
Nov. 3, Bridgeton
252-638-4638
eghaggett@embarqmail.com

8 Cuerdas
Latin rhythms by duo
Nov. 4, Oriental
252-617-2125
pamlicomusic.org

Sing for Another Day
Benefit concert
Nov. 6, Mount Olive
919-440-6030
bjf3122@umo.edu

Hearthside Craft Guild
Art, door prizes
Nov. 8–10, Wilson
252-236-8339
aprildream1@aol.com

Owl Howl
Live raptors, food trucks
Nov. 10, Belville
910-602-6633
capefearraptorcenter.org

Historic Homes Tour
Houses, churches
Nov. 10, Windsor
252-794-3140
hopeplantation.org

Mullet Festival
Nov. 10–11, Swansboro
910-326-4428
bshipp@ci.swansboro.nc.us

Theatre Christmas Show
Includes buffet
Nov. 13–Dec. 18, Edenton
252-482-4621
rockyhockplayhouse.com

Christmas Market
Handcrafted items
Nov. 15–Dec. 15, Williamston
252-789-8470
info@martincountyarts.com

Pickle Classic
College basketball tournaments
Nov. 16–17, Mount Olive
919-658-7759
cloy@umo.edu

There are more than 250 farmers markets in North Carolina, and some stay open year-round. For one near you, visit bit.ly/NCfarmmarkets.

Come Alive with Christmas
Craft show, nativity
Nov. 16–17, Belhaven
252-943-1384
wilkinsoncenter.com

Ranky Tanky
Fresh spin on Gullah music
Nov. 17, Oriental
252-617-2125
pamlicomusic.org

Cookie Walk & Craft Fair
Nov. 17, Shallotte
910-754-4840

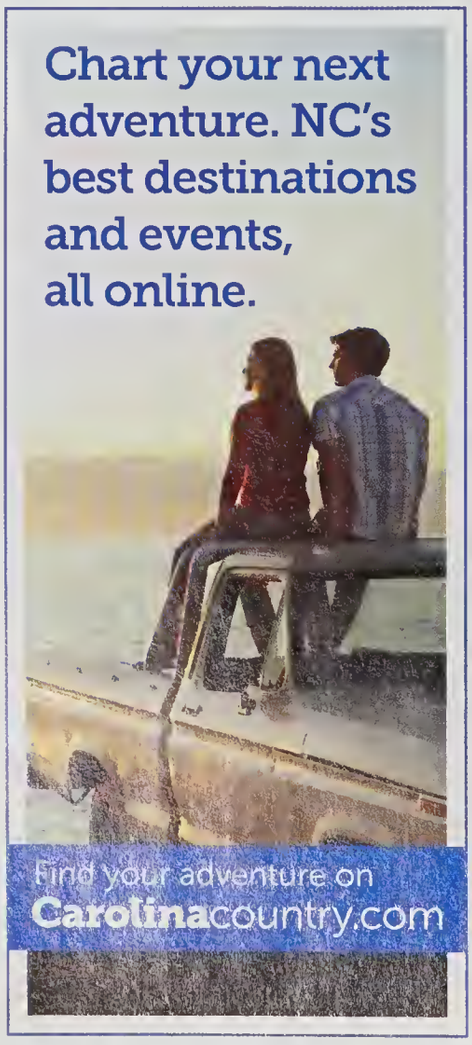
Holiday Gift Show & Oak Fest
Nov. 17, Edenton
252-221-4078
bit.ly/fb-oakfest

Art & Crafts Guild Show
Raffle, vendors
Nov. 23–24, Buxton
252-489-8573
seasalt@hatterassaltworks.com

Christmas Tree Lighting & Flotilla
Children's choirs perform
Nov. 30, Edenton
252-333-0655
mainstreetedenton.com

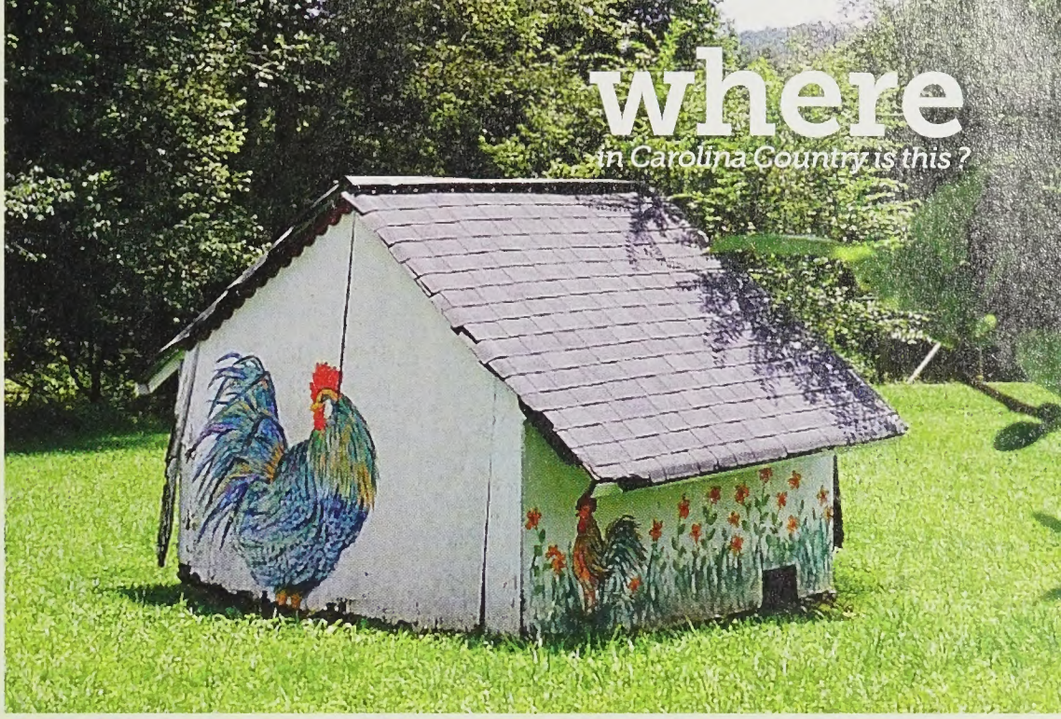
Opry Christmas Show
Traditional, country music
Nov. 30–Dec. 1, Edenton
252-333-8567
visitedenton.com

Holiday Lights
Hayrides, s'mores
Nov. 30–Dec. 23, Fayetteville
910-486-0221
capefearbg.org



Just like a winding road, this ode to the Blue Ridge Parkway whisks listeners away on a refreshing musical journey. The talented duo's CD, "Blue Ridge Time," is filled with masterful pickin' and smooth vocal harmonies that mix Americana, folk, and bluegrass and traces of country and blues. Both Richard Tumbleston, a visual artist in Boone, and Steve Lewis, a national champion on both flat pick guitar and banjo, are Blue Ridge Energy members. They are joined on the album by Scott Freeman on fiddle and mandolin, and Josh Scott on upright bass.

carolinacountry.com/music
Listen to this and past featured tracks from North Carolina musicians.



Where in Carolina Country is this?

Send your answer by Tuesday, Nov. 6, with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our December issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

October winner

The October Where Is This photo by Warren Kessler features a U.S. Air Force T-33 Jet Fighter, located at the Tri-County Airport just outside of Ahoskie on NC Hwy 561 in Hertford County. One reader called it a "jet on a stick." Many readers grew up around the airport and often wondered about the airplane. Reader Paula Watson said her grandmother always commented while driving by: "Look at that! If that pilot ever manages to land that plane, I'm gonna see if he will give me a ride in it, since I have never ridden in a plane!" Betty Futrell's mother and father were frequent fliers at the airport. She reported that her mother, Virginia Futrell, made the shortest landing on Tri-County's runway: "She came in for a landing just short of the beginning of the runway, bounced on the turf and landed right at the beginning of the paved runway." Bill Plaster said his father trained in one of these jets before his tour in the Korean War. He then became a flight instructor in the T-33. The winning entry chosen at random from all correct submissions came from Linda Lindsay of Menola, a Roanoke Electric member.

CAROLINA COUNTRY
scenes
photo of the month

Droplets in the Light
Droplets shine magically in the sunlight beneath beautiful Moore Cove Falls in Pisgah Forest. Hike 0.7 miles on Moore Cove Trail to take in the magnificent 50-foot falls.

Denise Baron, Bostic
A member of Rutherford EMC

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2018 photo contest ("Carolina Country Scenes," January 2018). See even more Photos of the Week on our website carolinacountry.com.

Candy Apple Slaw

This sweet and tangy slaw is a tasty, colorful fall side dish. Enjoy the variety of textures... crispy bits of apple along with the chewy cranberries and toasty nuts.

- 6 cups chopped cabbage
- 4 large red apples, diced (unpeeled)
- 1 cup dried cranberries
- 1 cup thinly sliced red onion
- 1 teaspoon salt
- ¾ teaspoon white pepper
- ¾ teaspoon celery seeds
- 1½ cups toasted pecan pieces, divided
- 1 cup honey mustard dressing*
- 1½ cups crushed peanut brittle (optional)

Put cabbage, apples, cranberries, onions, seasonings and half the pecans in a large bowl. Add dressing and stir to coat.

Pour into serving bowl and chill several hours.

At serving time scatter with remaining pecans; scatter optional peanut brittle to add a delightful candy crunch.

**store bought or your own*

Yield: 8–10 servings

From Your Kitchen

Pumpkin Apple Loaf

- 3 cups all-purpose flour
- 2 teaspoons cinnamon
- 2 teaspoons baking soda
- 1½ teaspoons salt
- 3 cups sugar
- 1 (15-ounce) can pumpkin
- 4 large eggs
- 1 cup vegetable oil
- ½ cup apple juice or water
- 1 large baking apple (or 2 smaller ones), peeled, cored and small diced

Preheat oven to 350 degrees.

Grease and flour 2, 9-by-5-inch loaf pans.

Combine flour, cinnamon, baking soda and salt in large bowl. Combine sugar, pumpkin, eggs, vegetable oil and apple juice in large mixing bowl and beat until just blended.

Add pumpkin mixture to flour mixture, stir just until moistened.

Fold in apples and spoon batter into pans. Bake for 65–70 minutes or until toothpick inserted in middle comes out clean.

Cool 10 minutes in pans and finish cooling out of pan on wire racks.

Yield: 2 loaf pans

Recipe courtesy of Maureen Mains of Creston, a member of Blue Ridge Energy

Hushpuppy Salad

With Creamed Corn Dressing

This no-cook version of cornbread salad is quick to throw together. Just stop by your local BBQ restaurant for hushpuppies.

Adjust the vegetables depending on your tastes and what is in season.

- 1 (15-ounce) can creamed corn
- 2 tablespoons spicy brown mustard
- ¼ cup mayonnaise (Duke's preferred)
- 3 tablespoons pickle juice
- 3 dozen thumb-size room temp hushpuppies (about 5 cups)
- 1 cup diced watermelon rind pickle
- 1 small onion cut into thin slivers (about 1 cup)
- 1 bunch radishes, thinly sliced
- 1 cup thinly sliced celery
- 2 cups thinly sliced assorted color bell peppers
- 1–2 minced jalapeño peppers
- 2 cups chopped tomato

Whisk together the corn, mustard, mayonnaise and pickle juice.

Break hushpuppies into ½-inch pieces. Add corn dressing and stir to coat well.

Fold in remaining ingredients. (Note: Prep veggies the day before if need be, but it's best if stirred together just a couple of hours before serving to prevent the hushpuppies from getting too soggy.)

Chill for a couple of hours before serving.

Yield: about 8–10 servings

carolinacountry.com/recipes
Search more than 800 recipes, with a new recipe featured every week!

Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurist and blogger, who chats about goodness around NC on her blog at WendysHomeEconomics.com.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC, 27611. Or submit your recipe online at: carolinacountry.com/myrecipe.

—Jenny Lloyd, recipes editor

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